of brandy and the juice of a lemon to half a pint of milk; boil and skim carefully; when cold, add a dram of pulverized alum.

An Old-Fashioned Cure.

phor in the water, when bathing the face. Cologne, or a little gin, may be used in the water for washing the face.

If you have been traveling any distance on the cars, don't wash your face in cold water the moment you reach a wash stand. If you want to remove all the traces of dust and smoke, rub your face well with cold are well with the well with th

Prematurely Gray.

When hair is gray, but not with years, it

looks as if the hair was neglected. It needs

water; a shampoo once a month and the

scalp.

To prepare the mouth for a nauseous medicine, chew a piece of orange peel, or take a really biting pinch of cayenne pepper. This will prepare the mouth for nearly anything, as you can well imagine. Under its influence almost any horrid draught becomes almost tasteless, particularly if swallowed quickly; a single drop of essential oil of almonds will give an agreeable taste even

of almonds will give an agreeable taste even to fully 1 ounce of castor oil, without in the

slightest degree affecting its medicinal action. We are told, you know, that pure, fresh castor oil has no taste; it is the odor which is so disagreeable. Perhaps this is so; let that person, then, be the one to take the oil. He is quite welcome to it, we will all agree.

tea or even in ice water. Ice placed on the back of the neck will sometimes stop nose bleed, or simply elevating the arm of the

affected side as high above the head as

The use of the flesh brush or glove is

recommended as the best substitute for an entire bath when one is not possible. A

sponge bath afterward greatly increases its

good effects. Friction with the flesh rouses

the circulation, restores tone and color to

the skin and relieves rheumatism and other

The small, hard pimples, "acne," that ap-

pear on the chin, temples and forehead generally yield to a stimulating lotion of equal

parts of strong vinegar and water. Also an occasional dose of some cooling laxative

will help-epsom salts, for instance. Take

a spoonful of salts in three-quarters of a glass of water before breakfast. Or a bet-

er than once a week, for a month. If the daily external application of vinegar and water does not help, apply camphor ice, rubbing, it well. For scanty eyebrows apply once daily a lotion made of olive oil, once half cures collected.

one-half ounce; cologne, two ounces; qui-nine, four grains. This is also good for the

For "prickly heat," which is a trouble-

some summer complaint, dust the face with rice powder or common laundry starch; powder the starch as fine as possible, by

using a rolling pin, then put into a thin

AN AFTERNOON GOWN

muslin bag for use.

advised.



IN AN EVENING GOWN.

go, my dear, but tell me, does she gown herself well?" And so, you see, dress now-

days, to a great extent, makes the woman,

WHAT CLOTHES DO

Does Dress Make the Man or the Woman?

GIVES PEACE OF MIND

OFTEN A CRUCIAL TEST IN A SO-CIETY WAY.

What Modistes Have to Say on This

Always Timely Topic.

Do clothes give an air to the girl? Or

does the girl give an air to the clothes? Opinions are divided. A famous gown

maker of New York w hallmark of all that is good and smart, says: "Give me a woman who can carry my gowns well; a bad figure will ruin the most artistic effort." Then another will say to a despairing

match-making mamma: "Yes, her figure is very bad. She walks atrociously Wretchedly round shouldered, but depend upon it, madam, trust me. In my gowns your daughter will rival the most stunning women at the play. Trust to me."

Frocks and frills! Laces and furbelows! These are magic words that beat a tune of gladness on the dainty eardrums of all the fair daughters of Eve. All women love pretty gowns. They say-people who ought to be ashamed of themselves-that a consciousness of being well dressed imparts a peacefulness to the human heart that repeacefulness to the human heart that religion is powerless to give. Now, women know that these cynical people are correct in this view. A well-known woman, who has been out long enough to know a little about heartaches and blue devils, said the other day: "When I want cheering up I gown myself in my best creations. If I gown myself in my best creations. If I have been annoyed in any manner, if an old admirer suddenly announces his engagement, or if a rival debutante suggests that facial massage is good for wrinkles Ever since Eve made such a fuss collect-ing beautiful fig leaves women have had a weakness for beautiful clothes. Once in a while one finds a sweet young debutante surrounded by a crowd of admirers, and from the midst an Impecunious one is

He Thinks He Can.

"I can support a simple little maid who is content with such simple little gowns." Know, gay Lochinvar-out-of-the-west, that "simple little gown" on that "simple little maid" cost a larger figure than your whole month's salary. These simple little muslin effects are often the crowning glory of the gown maker's art. The same girl in a dress of cheap material would make a very doubtful appearance. Clothes make a woman, in so far as they have a great effect on her feelings and deportment. Many a woman who is obliged to wear a seedy, worn-out, winter gown, while waiting for her new spring "love," will sulk along, with her head hanging down, and quite lose with her head hanging down, and quite ose the air of savoir faire which is her special charm. But take the same girl in her dressmaker's best effect, and she will sweep through the main thoroughfare of the Waldorf-Astoria with the air of a Clothes alter a woman's very nature. A

girl cannot help being dashy and perky with a gorgeous new white plume or a train that sweeps the ground, but in an old, sloppy skirt the same girl would look like a chore maid, who wants to slump behind the first lamp post on the street. You can find sterling merit, honest worth, deep affection, motherly virtues and all that sort of thing under ill-fitting clothes, but for real satisfaction, to bring out the best points in a woman and to put the happy look on her face, that even her first successful love affair does not bring, she needs the rustle of silk, the richness of velvet and plumes, and the satisfaction of a good

Has Had Experience.

One of the best gowned women of the Florodora company, who posed for these pictures, says: "A girl is positively two persons in two different gowns. A loving and observant husband would not know his wife if he found her wearing the chore maid's clothes."

Would you recognize in this stunning ball gown the same girl who stands opposite in the sloppy-looking shirt waist? Who would fancy that this well-poised woman, perfectly gowned for calling, is the same woman as her vis-a-vis in the ill-fitting street clothes? Where is gone the straight and Where is gone the lithesome effect of the slender figure? Hidden by impossible

Does the gown make the woman of fashon? Or does the woman of fashion make the gown? It is as the old yachtsman said:
"All in the cut of the jib." Do you fancy that Ninon D'Enclos captured that bushel of hearts she is credited with in a dowdy gown? Do you imagine that Helen of Troy won Paris' heart with a cheap-looking hat? By the way, did the fair Helen wear hats? Did they have them in those days? If they lidn't, she lost one of woman's chief de

A Story to Prove It. A story told by a well-known society

THE QUEST OF BEAUTY

The property of the fire and add slowly, stirring all the time, one ounce of sweet althond oil and a half ounce of spirits of camphor, Turn into a porcelain jar and keep covered.

A rose cream is made by thelting half an ounce of spermaceti, adding to it one-half pint of rose water, one-half ounce rose perfume and enough sweet almonds, rubbed to a paste, to make a cream.

To prepare almonds for use, first blanch them, then bruise in a mortar, using the pestle vigorously. A smooth paste is thus obtained. For an almond face cream, after making a paste of three ounces of almonds add slowly orange-flower water, stirring contantly, continuing this operation until a fine creamy emulsion is the result. Subject this to a thorough beating with an egg whisk, and then add, drop by drop, ten drops of tineture of benzoin. This emulsion whitens the skin. Another cream which answers the same purpose is made by melting together one-half ounce each of white wax, spermaceti and butter of cocoa, and adding one-half ounce of almond oil, and two drams of balsam of Peru.

Or another remedy is used with good effect to banish freekles: Add two drams of brandy and the juice of a lemon to half a pint of milk; boil and skim carefully; when

Written for The Evening Star by Katherine Morton. (Copyright, 1902, by McClure's Newspaper Syndicate.)

Sunburn and tan on her peach-bloom cheek and freckles on the tip of her precious nose are not joys forever to D'ana. To be sure, she has been read lectures innumerable on the cosmetic value of air and sunshine, and both in their way are all well enough; she wiser, except the bosom friend to whom she imparts same of the secrets of the talks. cannot get too much of them, but tan and imparts some of the secrets of the toilet. cannot get too much of them, but tan and freekles must be dealt with, even if heroic measures are necessary.

It is a pity that we cannot revel in sunshine to our heart's content, without a thought of damage to our complexions, for pour a tablespoonful or so of it on a bit of the standard to the stand

the effect of sunshine is not merely thermal, to warm and to raise the heat of the body; its rays have chemical and electrical functions. It is more than possible, so we are teld, that sunshine produces vibrations and changes of particles in the deeper tis- it dries, and there will be little, if any, dissues of the body as effective as those of coloration.

To preven efficient of all surgical methods in the treatment of morbid growths, as warts, moles, small veins, and all parasitical skin d's-eases; indolent and eating ulcers and capllary aneurisms.

Some years ago a London physician, by using the sun's rays, presumably with a lens, removed a wine mark from a lady's face, and destroyed a malignant growth in the same way. No doubt there is a cura-tive power in the chemical rays of the sun and that it rejuvenates.

Although fully appreciating sunshine and all that it does for us, at this season, it seems necessary for us to go to work to counteract some of its mischief wrought upon nose and cheek, which we may diswoman illustrates the point. It seems she wished to launch on the turbulent wave of society, with a great big capital S, a young woman. "She is most cultured," put in her friend, "most intellectual; she walks so well, and understands all the 'isms' of the day; loves Wagner and all that—" The society woman listend the land that all the society womans is the society womans." count by a trick or two of our own. There are plenty of beauty preservers and restorers close at hand. The ever-healing cucumber is worth a whole shop full of drugs. One has only to look through the list of the most expensive toilet luxuries to society woman listened listlessly, and then interrupted, impatiently: "Yes, let that all find that rightfully cucumber preparations hold an important and expensive place.

The crisp state suited for table use is not the proper condition for cosmetic purposes. When turning yellow and soft and spongy is the right time to use them. This particular story reminds me of one

Easy to Have Now.

told by an English writer. There was a very good little boy once, and he wanted to go to sea. The captain asked him what he could do. He said he could do the multiplication table backward, and he could It is well to keep thick slices of cucumber on the toilet table, and occasionally prication table backward, and he could paste seaweeds in a book, and he knew how many times the word "begat" occurred in the Old Testament, and he could recite "The Boy Stood on the Burning Deck," and after washing face, hands and neck rub with the cucumber, rinsing with clear water afterward. This relieves any irritation he almost knew by heart "We Are Seven."
"Werry good, werry good, indeed," said
the captain, "but ken yer karry coal?" of the skin caused by sunburn and makes the flesh smooth, soft and white. It is more the captain, "but ken yer karry coal?"

It is just the same when a woman wishes to appear her best. Great ability, great brains are not required so much as "Ken"

the less smooth, sort and write. It is more convenient, perhaps, to have a cucumber cream already prepared.

Remove the soft prit from three large cucumbers, warm it enough to make it



PRETTY NEARLY RAIN-FROOF.

And so the great lady in her sweeping ball costume and the great lady in her washerwoman's Sunday best look like two different women, although under both gowns the same blue-blooded heart is

Royalties in France.

The dramatic author in France is liberally treated in the matter of royalties. According to the Figare the majority of the Paris theaters pay, from 10 to 20 per cent of the gross receipts. At the Opera 8 per cent is paid; at the Comedie Francaise 15 per cent. The total of royalties paid by the theaters of Paris amounts to about 3,000,000 francs a year. In the provinces the royalty ment about 900,000 francs. Roughly speaking, therefore, French playwrights make between \$700,000 and \$800,000 a year. On the other hand, this is divided up among many. Long runs are the exception to the rule, a run of 100 nights being extraordin-

Aside from Sardou, much of whose wealth has come from foreign countries, the only writers who have been making large sums of money in the last few years are probably Capus and Rostand, and neither of them is likely to have made so much as, for ex-Fitch. In England Pinero, Jones and Phillips have made the most money among the dramatists of the higher grade, but their returns will probably not compare with those of such men as the writers of certain popular musical pieces and the Drury Lane spectacles and melodramas.

How to Clean a Straw Hat. To clean a white straw hat buy a small

quantity of salts of lemon and dissolve it in a pint of boiling water. Then take a soft brush— nail brush will do nicely—and wash the hat with the liquid. When clean rinse thoroughly in cold water and put in the air to dry. A sailor hat should be allowed to dry on a board or table, for thus the brim will be kept flat, and, of course, the drying must be in the shade, since wet straw very easily becomes sunburned.

press through a colander, then squeeze through a hair cleve. To a cupful of this pulp add two teaspoonfuls of glycerine and five drops of salicylic acid; both the latter are preservatives. Finally, add a few drops of essence of rose or violet or any scent

Another sunburn lotion is made by pounding to a powder the seeds of cucumber, melon, gourd and pumpkin, and adding fresh cream to dilute the powder, then sweet milk enough to make a thin paste; add one teaspoonful of lemon juice. this on the face at night, washing off in

the morning.

Lime water and linseed oil is another excellent application for alleviating the misery of sunburn. Add one-half ounce of the oil to a half pint of lime water. Still another remedy for sunburn is made

by dissolving in twelve ounces of elderflower water six drams each of bicarbonate of soda and powdered borax. Keep bottled and shake well before using. Do not use oftener than once a week; both borax and soda make the skin very dry. The best way to apply any liquid preparation to the face is by means of a small linen pad frequently renewed. pad, frequently renewed.

After using any preparation containing borax it is best to apply a cream. The half hour before retiring is the time commonly devoted to the beautifying and renovating of one's complexion. The first process should be that of washing the face thoroughly with warm water and soap. Once a day is quite often enough to use soap on the face, and night is the best time. Rinse in lukewarm water and dry thoroughly with a soft, absorbent towel. After this the next scene in the drama is to touch up freckles with a camel's hair brush dipped in some freckle-removing lo-tion or sponge the face with the preparation warranted to remove tan and sunburn. After this a cold cream may be applied this is rather necessary if borax has been one of the ingredients of the lotion used. in order to counteract its drying proper-ties. In the morning the face must be washed off with warm water and the com-plexion "toned" by rinsing it in cold water. Camphor ice is one of the best creams to

One recipe for camphor ice calls for one ounce of spermaceti and one ounce of white

TALISMAN EMERALD

Guarded With Reverence by Indians of Oajaca.

SEEN BY A WOMAN

WHO WAS THE FIRST FOREIGNER TO TOUCH THE GEM.

What Gratitude Did for an American President Diaz Could Not Succeed In.

Written for The Evening Star.

An old-fashioned cure for freckles is common horse radish grated into a cup of sour For years-ever since Mexico was opened milk and strained. This may be used occato the white man-every traveler to that sionally with good effect. An ounce of lemon comantic land has heard of the emerald of Oajaca. Rumor said that it was huge almost beyond belief. Whatever its size it was certain that the Indians believed in its magic properties. No white man ever saw it, but now an American woman has succeeded, through a sister woman's gratitude, where men found failure. This emerald of Oajaca has for ages been

the object of covetous interest on the part of Spanish viceroys, Mexican presidents pour a tablespoonful or so of it on a bit of cloth and sponge the face; let it dry on and provincial governors. Great dealers in of cloth and sponge the face; let it dry on the skin. Vinegar, as is well known, pre-vents discoloration. Bathe a bruise with vinegar as soon as the accident happens. If it can be kept in place, lay a cloth soaked in vinegar over the injury, moistening it as precious stones have sought it, too, but the Indians, as the lineal descendants of the Aztecs, to whom the emerald is supposed to have originally belonged, hold it in su-perstitious reverence and such safe keeping that until recent years little but unc firmed legends of the stone's existence was To prevent that shine to the skin with which so many are annoyed, especially in warm weather, use a little spirits of cam-

A few years ago President Diaz became so interested in the matter that he decided to prove the truth or fallacy of the reports of this emerald's size and value. Without warning he suddenly appeared in the vil-lage where it was said the gem was secreted. He summoned the people into the plaza and announced that if they would show him the emerald known to be in their possession he would in return proclaim a cream or vaseline and wipe off on a dry towel. The towel, after wiping, will show you where the dust has gone. Then you may wash your face in hot water, if you will. There is nothing like hot water for the complexion. It keeps it not only clean, but clear. However, its habitual use is not advised. public holiday and entertain them with a pista at his own expense. He promised, as president, and by virtue of the same blood in his and their veins, that if they would accede to his request he would not attempt to take the emerald from them. Upon this a prolonged consultation ensued among the Indians, the result of which was that from afar off in the crowd one of them held up at arm's length between his forefinger and thumb the famous emerald, scintillating in the rays of the sun. Diaz was desirous of a closer inspection, and, turning to his daily attention, brushing and plenty of cold guards, ordered the man to be brought to him. His actions, if not his words, were water; a shampoo once a month and the ends clipped occasionally; once a week use a hair tonic, made of aromatic spirits of ammonia, ½ dram; oil of rosemary, 5 drops; tincture of cantharides, 1 dram; bay rum, 2 ounces. For use once in ten days make an infusion of sage tea by pouring ½ pint of boiling water over 2 tablespoonfuls of dried sage tea leaves; when cool, add a half teaspoonful of glycerine. Apply this to the scalp. at once considered by the Indians to be suspicious. So they promptly raised a tumult and amid shouts of "Viva Porfirio Diaz," "Viva la fiesta" the man and the emerald disappeared, and this was the only glimpse the powerful president was able to obtain

She Really Saw It.

An American woman had better fortune. It happened that her husband was appointed to superintend the medical department of the railroad being built through Oajaca, and inicdentally saved the life of an Indian woman. In her gratitude this woman begged to be allowed to make some recompense, as the American doctor had refused to accept a fee.

But half in jest, he replied that if she would show him the Oajaca emerald he would be satisfied. At this the woman recompense results distributed.

which is so disagreeable. Perhaps this is so; let that person, then, be the one to take the oil. He is quite welcome to it, we will agree.

For nose bleed a simple cure is to place in the nostril a piece of lint which has been dipped in a solution of alum, strong black tea or even in ice water. Ice placed on the lates of the color of of the lates of the color of the col was produced that it was yielded, though much to the doctor's disappointment.

So one morning shortly after the Indian woman appeared at the physician's temposhe produced the emerald from a fold of her clothing. For about a minute only was the doctor's wife permitted to inspect the gem, while it was held securely in the Indian woman's fingers. In size, according to the fertunate visitor's account, the stone is as large as a pigeon's egg, crudely polished, and of a rich grass green color. In its depths she noticed a few black spots or flaws, which goes far to prove that it is a genuine emerald and not volcanic glass, as has been suggested. The purest emeralds ter way is to put a scant half teaspoonful of Rochelle salts in a glass of water and at intervals during the day take a swallow or two. Then in this way it works slowly through the blood. Do not take this oftener than once a week for are seldom without flaws, this being one of the tests taken into account by experts.

The Tribe Talisman.

In great haste the Indian woman again secreted the gem and went out; but one curious circumstance the doctor and his wife remarked subsequently. During the remainder of their stay in the village, though they met the woman several times, nine, four grains. This is also good for the hair. For an eruption on the face a foot bath is often a remedy, if washing soda is used. To two gallons of hot water add one teaspoonful of soda. Have the water one teaspoonful of soda. Have the water had been as can be borne. Repeat this daily that the stone is not secreted in any place, but is concealed on the person of one of the Indians and passed on as circumstances may require. If such is the case the woman must have obtained the gem by stealth, and during the time it was in her possession she was doubtless in no little danger of her life.



American Tables Often Lack a Bit of Green.

AND HEALTHY

BY EATING LIGHT DISHES AND AVOIDING HEAVY ONES.

Directions for Making Several Novelties That Are Easily Concocted.

she held so steadfastly to this point that the wife must be alone when the emerald are better reserved for cold weather. The two dressings which are necessary to understand are the simple French and the mayonnaise, but for the every day dinner the French dressing is infinitely to be prerary residence. She made sure that the doctor's wife and herself were alone; then ferred. The mayonnaise is not so easily digested, and is better reserved for occa-

Mayonnaise Dressing.

sional use, or for the supper, when the

main dishes are less likely to be heating.

To make a thoroughly good mayonnaise dressing allow one egg to half a pint of oil, half a teaspoonful of salt, a dash of cayenne pepper and lemon juice as required. Stand the oil and the egg in the refrigerator until thoroughly chilled, and when about to mix the dressing place a bowl in a pan of ice water. Drop the yolk of the egg carefully into the bowl and set the white aside. Drip the oil onto the yolk drop by drop, stirring with a silver or wooden fork until a smooth paste is formed. Then continue pouring the oil, but slightly faster and alternating with a drop or two of lemon juice. When the entire quantity of oil is exhausted add the salt and the pepper and lemon juice to suit the taste. The dressing should be rich, smooth and of about the consistency of thick cream. If, as sometimes happens, it shows a tendency to curdle in the progress of making or becomes too thick, so, it will not pour from the spoon, add a little of the white of the egg beaten stiff. If, in spite of all these precautions, the dressing should curdle, take another egg and begin again dropping the curdled mayonnaise slowly into it and stirring vigorously all the while.

French Dressing.

For this, as for all other salad dressings it is important to use the best oil. The quantity given will be found sufficient for three people, and can be repeated as many times as necessary. Rub the bowl lightly with a clove of garlic, put into it a quarter of a teaspoonful of black pepper, a scant half teaspoonful of salt and three table-spoonfuls of olive oil. Stir with a wooden spatula until the salt is thoroughly dissolved: then add one tablespoonful of vine gar, plain or tarragoil, and stir for one minute. Serve immediately. If possible, make the dressing on the table, as it is apt to separate if allowed to stand.

Salad a La Macedonie.

Cut two young, fresh carrots into thin slices. Prepare an equal proportion of green peas, strong beans and small bits of cauliflower. Boil each separately in salted water until very thoroughly cooked: then drain and stand aside. When cold add an equal proportion of cold boiled potatoes and beets, also cold, boiled, into dice. Mix all well together and stand on ice until needed. Pour French dressing over the whole and serve. Remnants of cold vegetables also can be utilized if care be taken to mix them in proper proportion. While the combination given is a thoroughly good one, any two or more ingredients can take its

Potato Salad.

Familiar as this dish is, it seldom apnears at its best. To get the most satisfactory results allow the proportion given for French dressing to each large potato, and to each three potatoes allow one good-sized onion and three or four sprigs of parsley. Pare and boil the potatoes. While they are in the act of boiling prepare the dressing! When the potatoes are cooked, cut them carefully into thin slices and mix with the onion, which should be chopped very fine. Pour the dressing over the whole, mix without breaking and stand on ice until very cold. At the moment of serving sprinkle with chopped parsley and garnish with pickled beets or silces of hard-boiled eggs.

Tuedoise Salad.

Cook two ounces of beef's tongue into small pieces; add to it two cold boiled potatoes, one small beet, also cold, half of a cooked carrot and half an apple, peeled, all cut into dice. Place these in a bowl and add one smoked herring which has been scaked in water for twelve hours, skinned and cut into bits. Mix with French dressing, sprinkle chopped parsley over the top and serve.

Salad of Stuffed Cucumbers. Pecl fresh, crisp cucumbers and cut them into halves lengthwise. With a teaspoon re-

the shells into ice water until they become crisp. For each three cucumbers allow two tomatoes, one slice of onlon and a little parsley. Skin the tomatoes, chop the solid

part fine with the onion and parsley and season with salt and cayenne pepper. Wipe the cucumbers with a soft cloth, stand them on crisp lettuce leaves and sprinkle over the top, with unpeeled radishes and parsley chopped fine. Serve with French dressing

Orange Salad. Select crisp young lettuce leaves and arrange them in the salad bowl. Peel and slice slightly tart oranges, cut the slices into quarters over the lettuce bed and serve with French dressing.

Salad of Cauliflower. Boil the cauliflower after the usual meth-

od, then throw it into cold water until well chilled. Pick it apart carefully, and dry, each piece thoroughly with a soft napkin. Arrange on a bed of lettuce leaves and pour mayonnelse dressing over the whole and let stand on ice fifteen minutes before

Salad of Eggs.

one teaspoonful of sait, half a teaspoonful of pepper, one teaspoonful of dry mustard mixed with three tablespoonfuls of cream, two tablespoonfuls of clive oil and two of vinegar. Mix all together and stir over the fire until the mixture takes the consistency of boiled custard. Remove from the fire, add the yolks of the hard boiled eggs, mashed, and mix all thoroughly together. Fill the cavities of the cooked whites with the mixture, piling it up to form rounds resembling the entire yolk of an egg. Let stand on ice until cold, then arrange on a bed of lettuce leaves and serve with may.

Mayonnaise of Flounder.

Select a fine, thick flounder and boil it in salted water until well cooked. When cold. carefully remove the meat from the large central bone and cut into nice pieces. Place on a bed of water cresses and serve with mayonnaise dressing.

Tomatoes With Cream Salad Dressing.

For the benefit of those people to whom oil is distasteful it may be well to suggest that a very delicious salad dressing can be made with cream. To serve tomatoes most at each stem end and stand on ice until thoroughly chilled. For the dressing allow to the yolks of three hard boiled eggs one raw yolk, one tablespoonful of melted but-ter, two tablespoonfuls of vinegar, one gill of thick cream, half a teaspoonful of salt and a quarter of a teaspoonful of pepper. Mash the boiled volks until fine, then work them smooth with the raw yolk, using a palette knife for the purpose. Add the salt, pepper and melted butter, then, little by little, the cream, working and mixing all the while. Lastly, stir in the vinegar, blend thoroughly, and it is ready to serve. Drop a spoonful into the hollow made in every tomato and serve in a crisp leaf of

DREADFUL INSOMNIA

A VERY COMMON COMPLAINT. BUT IT CAN BE CURED.

Mrs. Carrie A. Roberts of Augusta, Me. Tells of Her Experience and How She

Found Permanent Relief. Sleeplessness has always something of disease of undue excitement in it. The excessive use of tea,

coffee, tobacco or any narcotic may bring it on, In such cases, if the patient stop the use of, or use more moderately, those stimulants, he can overcome the trouble. It may come, too, from dyspepsia, a general run-down condition of the sysem, from disease or insufficient nutrition, feverish excitement, too much blood in the head, etc. In these latter cases a medicine that will feed the nerves and build up and parify the blood, like Dr. Williams' Pink Pills for Pale People, is recom-That this medicine will accomplish a cure in such cases has been proven in thousands of instances. One of them is that of Mrs. Carrie A. Roberts of No. 6 Melville street, Augusta, Me., who was at one time a sufferer from insomnia and nervousness, but was permanently cured by Dr. Williams' Pink Pills for Paie People. She says: "I was very pervous and could not sleep. I had headache a great deal and my health was run down in general. For three months I was not able to do any work.

"I tried other remedies, but they gave me no benefit. But one day one of my neighbors recom-mended me to try Dr. Williams' Pink Pills for Pale People, and I began using them. I took part of a box and saw I was receiving benefit and, after taking four boxes, enjoyed better health than I had for a long time. I found the pills were all that they were recommended to be, and now I am sleeping well and feeding well."

Dr. Williams' Pink Pills for Pale People are sold only in boxes at fifty cents a box or six boxes for two dollars and fifty cents, and may be had of all druggists, or direct by mail from Dr. Williams' Medicine Company, Schenectady, N. Y.



gives it the lustre and silkiness of youth. When the hair is gray or faded it BRINGS BACK THE YOUTHFUL COLOR. It prevents Dandruff and hair falling and keeps the scalp clean and healthy.